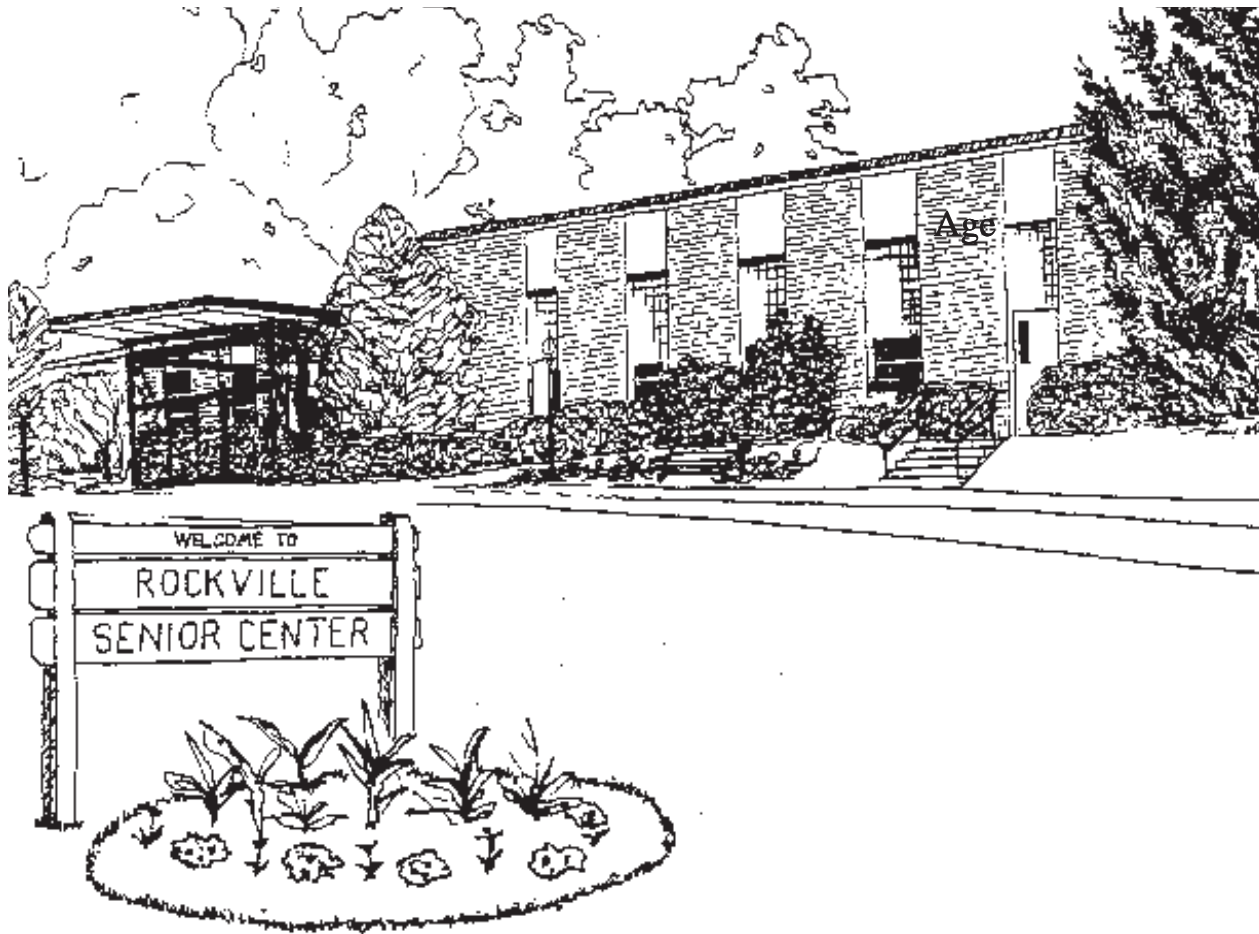


# Rockville Senior Center

*Add years to your life*

*and life to your years!*



Atención: Si usted necesita parte de este calendario traducido al Español. Por favor de llamar al 240-314-8817.

如需詢問華裔活動日程  
請打電話: 240-314-8818

*September 2006*



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## *Date to Remember:*

### **ALL DAY EXERCISE**

September 7

10:00am – 4:00pm

Try out any of our exercise classes!

## Forget-Me-Not:



The following members have passed away:

- Marie Baldassano (86)
- Rosellen Howell (77)
- Sheila Marshall (76)

## New DVDs at the Center



Sahara  
Eight Below

### *Interested in Joining a Woodworking Club?*

There is interest in establishing a Woodworking Club for those interested in woodworking at any level of expertise, amateur or more experienced individuals. Club members would decide on activities such as projects and classes. Come to the first meeting to see if you would like to join.

**Date:** Tuesday, September 19

**Time:** 1:00 p.m.

**Location:** Azalea Room

## Programs and Events...

September 5 – 2:00pm – 3:00pm **BASIC WEIGHT TRAINING – BEGINNERS** This class is designed to emphasize muscle strengthening and toning while using proper technique and body alignment. Hand held weights and exercise tubes will be used. \$7 - members and \$9 - nonmember. **REGISTER ACTIVITY #19882.**

September 6 – 10:00am – 12:00pm **CLARIFY COMPUTER CONCEPTS** Now that you have completed Computers-Beginners Introduction, you are ready to learn what comes next. Join us as you continue to learn how to use a computer. \$6 - members and \$8 - nonmembers. **REGISTER ACTIVITY #19317.**

September 6 – 1:30pm – 3:00pm **SEPTEMBER BIRTHDAY PARTY** Entertainment by Charlie and Hector, followed by refreshments. Thank you to Louise Gregory, Flo and Tom Warmack and Jean and Ric Ratti. Free. **REGISTER ACTIVITY #19869.**

September 7 – **MAMMA MIA TRIP for those with confirmed reservations.**

September 7 – 10:00am – 4:00pm **ALL DAY EXERCISE** Would you like to try a new exercise class to help spice up your fitness routine? Here is your chance to **preview** many of the classes that will be offered in the fall. Come join us for this 'All Day Exercise' session, where you can try something new. We will offer several 30-minute classes throughout the day and you can try as many as you would like. This is a free activity, no registration required. Free.

September 7 – October 19 – 9:30am – 10:30am **SENIOR FITNESS WALKERS** Get in the habit of walking. It's good for the mind, body and soul. Meet with our staff in the lobby once a week to walk through the beautiful neighborhoods and on the paths surrounding our facility. \$5 - member and \$7 - nonmember. **REGISTER ACTIVITY #19935.**

## Programs and Events...

September 8 – October 11 - 11:00am – 11:50am **LINE DANCING – BEGINNERS - For Seniors located at Twinbrook Rec. Center.** Put on our dancin' shoes and join our line in this wholesome form of exercise. \$25 – members and \$30 – nonmember. **REGISTER ACTIVITY # 19933.**

September 11, 26 & 28 **BEGINNERS INTRODUCTION** This 6-hour course is for seniors with very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Upon completion of this series, you will be given a \$5 certificate that can be used towards the cost of any future computer class beyond the Beginners series - \$5 – members and \$7 – nonmembers. **REGISTER ACTIVITY #19315.**

September 11 – November 6 - 10:00 to 10:45. **TOTAL CONDITIONING** this strength building, non-cardio fitness class is for both men and women. It offers workouts designed to produce improvement in strength, flexibility and balance using hand held weights, bands and exercise tubes. The workout intensity may be modified to suit any fitness level. Cost: \$28 members and \$35 non-members. **ACTIVITY #20404.**

September 11 – November 6 – 6:30pm – 8:30pm **EVENING GAME ROOM ACTIVITIES** Once again you can enjoy the game room on Monday evenings. Pool tables, table tennis and dart board are available for your enjoyments. You must sign in at the front desk before play. \$5 – members and \$8 – nonmembers. **REGISTER ACTIVITY #19991.**

September 12 - 21 – 10:00am – 12:00pm **INTERNET** - Get online and get connected to the information age. Through Internet Explorer, discover how to find free software, health information, purchasing information, product and price comparisons and much more. Note: \$5 manual fee payable to instructor, \$45 members, \$56 nonmembers. **ACTIVITY #19322.**

## Leave a Legacy by Planning a Bequest to RSI

A gift to RSI's Living Legacy Campaign ensures that an attractive, safe, fun and educational center for residents aged 60 and older will be available to future generations of the city.

Please consider making a legacy gift by:

- Remembering RSI in your will or living trust;
- Naming RSI as a beneficiary in your IRA qualified retirement plan;
- Naming RSI as a beneficiary in your life insurance policy.

It is easy to add RSI as a beneficiary in your will. Simply include a paragraph which says, for example:

"I give, devise and bequeath (the sum of \$\_\_\_\_) or (\_\_\_\_ % of my estate) to Rockville Seniors, Inc, a 501(c)3 created to maintain funds for the Rockville Senior Center located at 1150 Carnation Drive, Rockville MD 20850." This language creates an unrestricted bequest for use by RSI when and where the need is greatest, or you may specify that your gift be used for a particular purpose.

To advise us if you have included RSI in your estate plans, or for more information, contact Ron Barber, RSI President, at 240-314-8800.

We recommend discussing all gift plans with your own legal, financial or tax professional.

## For Sale...



Scooter for sale – battery powered in excellent shape. \$400.00. Call 301-610-6770.

Traditional mahogany coffee table \$25.00 - excellent condition. Boudoir chair - good condition \$20.00. Deluxe car seat for small dog - excellent condition \$25.00. Brass headboard for twin bed \$20.00. White traditional dressing table with mirror and padded seat \$20.00 Call 301-762-5981.

Kickwheel for sale - custom built frame for a 6 foot tall artist. Will take best offer. Call TJ 301-963-6432.

To place a For Sale message, please call 240-314-8800. No fee for members. Non-members \$5.00 for two months.

## Programs and Events...

September 12 – 1:00pm – 3:00pm **COMPUTERS – VIRUS PROTECTION & REMOVAL** Virus, spies, hackers and Trojan Horses! What are they? What do they do? A complete explanation of how your computer is vulnerable to attack and the easy steps you can take to protect it and yourself from information leaks. Note: \$5 materials fee payable to the instructor includes a CD Rom with programs you can use to keep your computer free from infection. Free. **REGISTER ACTIVITY #19323.**

September 13 – November 10 - 9:50am – 10:50am – **YOGA – NOW TWICE A WEEK ON WEDNESDAYS AND FRIDAYS.** Students practice gentle stretching and strengthening exercises for the whole body, as well as deep relaxation and breathing techniques. \$80 - member and \$102 - nonmember. **REGISTER ACTIVITY #19914.**

September 14 - November 9 - 9:00am - 9:45am **SENIORS ON THE BALL** Try this new exercise class using the large 'Swiss Ball.' Add variety, challenge and fun to your fitness program while working on core strength and balance. Basic Yoga movements and Yoga stretching included. 'Swiss Balls' will be provided. \$31 - members and \$37 - nonmembers. **REGISTER ACTIVITY #20406.**

September 14 – 9:30am – 12:30pm **TOTE BAG PURSE MAKING** Learn to make a basic lined tote bag/purse of any size and how to add the lining and pockets. Sewing machine with straight seam capability needed. Bring yours or a few machines will be available for a user fee of \$10, reserve in advance. Material list will be mailed upon registration and see a sample bag on display at Senior Center. \$5 payable to instructor. Free. **REGISTER ACTIVITY #20004.**

September 14 – 10:00am – 12:00pm **MANAGING YOUR RETIREMENT INCOME** How does one live for today and still have a lasting legacy? Topics of discussion will include required minimum distributions, asset and planning between taxable and tax-deferred accounts and how to use tax efficient income-generating strategies. Presented by Evan Winik, Financial Advisor. Free. **REGISTER ACTIVITY #19357.**

*Add years to your life....and life to your years!*

*September 2006*



## Programs and Events...

September 14 – 10:00am – 1:00pm Rockville Lions Club Community Outreach **FREE VISION, GLAUCOMA & HEARING SCREENING** Health Room. Free.

September 14 – 1:00pm – 3:00pm **LINE DANCE SOCIAL** Polish your cowboy boots and get ready to have rip roarin', foot stompin', good-ole time. No previous experience or partner is necessary. Instructions will be given. Come and enjoy a dish of ice cream and be prepared to have a great time dancing. \$3 – members and \$5 – nonmembers. **REGISTER ACTIVITY #19934.**

September 15 – October 20 – 9:00am – 10:30am **SENIOR TENNIS – INTERMEDIATE** Come join a fun group of intermediate level tennis enthusiasts and play a friendly game or two at Woodley Garden tennis courts. This is not a teaching activity. Free Activity. **REGISTER ACTIVITY #19990.**

September 15 – October 20 – 11:15am – 12:15pm **CHAIR VOLLEYBALL** Try this fun new class designed for any fitness level. You will stay seated throughout the class while using a beach ball to hit over the net. \$6 – members and \$9 – nonmember. **REGISTER ACTIVITY #19995.**

September 18 – November 13 – 12:45pm – 2:45pm – **THE PIECEMAKERS' CLUB** Come join our friendly group of quilters! You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting. 8 weeks, no class 10/2. \$8 – members and \$10 – nonmembers. **REGISTER ACTIVITY #19859.**

September 18 – 20 – 10:00am – 12:00pm **COMPUTERS – WORD PERFECT** Learn the basics and the advantages of Word Perfect over other word processing programs. Learn to create labels, letterhead, logos, mail merge and other word processing functions. Note: \$5 materials fee payable to instructor. Prerequisite: Computer Essentials. \$18 – members and \$22 – nonmembers. **REGISTER ACTIVITY #19310.**

## At the Movies in September...



### **Nanny McPhee (PG)**

*September 14 & 15 at 1:00 p.m.*

In this wickedly charming tale, Emma Thompson portrays a mysterious woman with special powers who enters the household of the recently widowed Mr. Brown (Colin Firth) and attempts to tame his seven very naughty children. The children have managed to drive away 17 previous nannies, but as Nanny McPhee takes control, they begin to notice that their misbehaving has magical and startling consequences.

### **Failure to Launch (PG-13)**

*September 28 & 29 at 1:00 p.m.*

Matthew McConaughey is Tripp, a 35-year-old who still lives with his parents. And who can blame him? It's free, he's got a great room, and mom (Kathy Bates) does the laundry. Desperate to get him out of the house, his parents hire a gorgeous woman, Paula (Sarah Jessica Parker), to give him a little...push. They just didn't expect Tripp would push back!

## Fall Programs Begin September 11

Check your Fall Recreation Guide for program offerings and descriptions. Remember to keep your Guide for future reference.



Registration Specialist Karina Rodriguez processes a course registration for Deborah Comstock.

*Reminder* - Don't forget to ensure your membership is up to date before you register for Fall courses. To make sure you receive the member fee, your membership must be valid through the start date of the course.

## Programs and Events...

September 18 – October 23 – 10:00am – 11:00am **SENIOR DODGEBALL** Remember playing dodgeball as a child? To play, we will divide into two teams and use soft, spongy balls. It is a game of elimination. Come join the fun. \$10 – members and \$15 – nonmembers. **REGISTER ACTIVITY #19898.**

September 18 – November 15 – 12:30pm – 2:30pm **CITIZENSHIP CLASS** If you have been a U.S. resident for four years nine months and would like to become a citizen, sign-up for this class. Instruction in English, communication and preparation for the I.N.S. Naturalization interview. Priority will be given to seniors and members of the Rockville Senior Center. You may register the first day of class. \$15 – members and \$20 – nonmembers. **REGISTER ACTIVITY #19977.**

**GROUP PIANO LESSONS** Lessons offered at different levels teach the fundamentals of rhythm, theory & note reading of music. Pianos are available for each lesson & for practice by checking with the Center office in advance. Note: Prerequisite of all classes is completion of Spring '06. Note: No class 10/2.

- September 18 – November 6 – 10:15 – 11:15am **INTERMEDIATE** \$65 – members & \$80 – nonmembers. **REGISTER ACTIVITY #19863.**
- September 19 – October 31 – 10:15 – 11:15am **ADVANCED INTERMEDIATE** \$65 – members & \$80 – nonmembers. **REGISTER ACTIVITY #19864.**
- September 19 – October 31 – 11:15am – 12:15pm **ELEMENTARY** \$65 – members & \$80 – nonmembers. **REGISTER ACTIVITY #19865.**

**ENGLISH CLASSES** English classes are available for seniors whose first language is not English. The classes include reading, speaking, listening & pronunciation. Classes include beginner, intermediate & advanced levels. Placement may be revised based on skill or ability. \$12 – members & \$15 – nonmembers.

- September 18 – November 29, Mon. & Wed. – 10:15 – 11:15am **LEVEL I - REGISTER ACTIVITY #20039**

## *Programs and Events...*

- September 19 – November 28, Mon. – 10:00am – 12:00pm **LEVEL III – REGISTER ACTIVITY #20043**
- September 20 – November 29, Wed. – 10:00am – 12:00pm **LEVEL IV – REGISTER ACTIVITY #20045**

September 19 – October 24 – 6:30pm – 8:30pm **CALLIGRAPHY – AN INTRODUCTION**  
This introduction class, taught by Nell Jansen, will teach us the fine art of calligraphy. Learn this elegant style of penmanship. Fee of \$10 payable to instructor at the first class for a starter kit. \$44 – members and \$55 – nonmembers. **REGISTER ACTIVITY #19976.**

September 19 – **DC DUCKS TRIP** for those with confirmed registrations.

September 19 – 1:00pm – 3:00pm **COMPUTER HELP AND MORE** Still puzzled? Join us for more instruction and assistance. Learn how to use the keyboard in conjunction with the mouse and how to use the Windows HELP. Now you don't have to remember everything you learned in class. \$6 – members and \$8 – nonmembers. **REGISTER ACTIVITY #19509.**

September 19 – October 31 – 1:00pm – 3:00pm **WATERCOLOR – BEGINNING AND CONTINUING** Learn basic techniques, color mixing, and brushwork. Value studies, composition, and experimental approaches will be explored. Note: \$6 material fee for new students payable to the instructor at first class. \$57 – members and \$71 – nonmembers. **REGISTER ACTIVITY #19712.**

September 19 – November 14 – 10:00am – 10:45am **BALLROOM DANCE LESSONS**  
Come try this new class and prepare to dance the night away at the first Annual Senior Center Harvest Ball. Take this easy to follow class and you will have a great time learning the fox trot, rumba, swing and the merengue. No Class 11/7. \$38 – members and \$43 – nonmembers. **REGISTER ACTIVITY #19988.**

## *25th Anniversary Planning Committee*

In April of 2007 the Rockville Senior Center will have been in operation for 25 years!

If you would like to serve on the planning committee for our 25th anniversary celebrations, please email [jhall@rockvillemd.gov](mailto:jhall@rockvillemd.gov) or call Jill at 240-314-8802.

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## *Change Your Email Address?*

Occasionally we send emails to our members to let them know of cancellations to programs, new programs that could not be included in the newsletter, weather or electricity related building closures, etc. But we find that many, many emails are returned because of invalid email addresses.

If you change your email, please let us know! You can either email us at [senior-center@rockvillemd.gov](mailto:senior-center@rockvillemd.gov) or leave a note at the Information Desk.

# ACTIVE FOR LIFE FOR CHINESE AND SPANISH SPEAKING SENIORS

Active for Life, a very successful program that inspires healthy and vibrant but less physically active adults age 50 and over to increase physical activity in their daily routines, invites participants in this **free, 12-session discussion program** who are Hispanic and Chinese. You must be highly fluent in reading, writing, and speaking English. You will learn life skills to help you plan for more physical activity in your daily life and continue to strengthen your English. Friendly, helpful, congenial atmosphere. Course will be taught by a trained, certified Group Facilitator. You will receive free tuition, a free textbook, many handouts, and a step counter.

Active for Life meets on Tuesday 1:00 - 2:00 pm from September 5 through December 12 at the Rockville Senior Center.

For more information and to register call Dr. Sharlene Hirsch at the Active for Life Center, (301) 255-4232.

## *Programs and Events...*

September 20 – 1:00pm – 2:30pm **THE JEFFERSON CAFÉ** Presented by the Montgomery College Paul Peck Institute for American Culture and Civic Engagement, the mission of the Institute is to increase knowledge of American culture, history, principles and political traditions. Participants will receive a pre-Café reading so register early. The Institute is made possible by a grant from PBS-MacNeil/Lehrer Productions. September reading is by Richard Rodriguez about the experience of being caught between two cultures. Free. **REGISTER ACTIVITY #20321.**

September 20 – 12:00pm – 1:30pm **RED HAT ROYAL PICNIC** in the “Carnation Castle” for those with confirmed reservations.

September 21 – November 2 – 10:00am – 11:00am **WATERCOLOR – ADVANCED** Using skills they have already mastered, students will learn new techniques in watercolor. Traditional and contemporary approaches will be offered as well as individualized assistance with brushwork and technique. \$57 – members and \$71 – nonmembers. **REGISTER ACTIVITY #19711.**

September 22– November 17 – 10:00am – 11:30am **LIPID PROFILE SCREENING** This blood test includes total cholesterol, HDL, LDL, triglycerides and cholesterol/HDL ratio. Twelve hours of fasting is recommended for the most accurate results. Fee: \$23 for seniors (55+) payable on day of screening. Advanced registration is required. Call 800-542-5096 to register. Screening will be held 9/22 & 11/17, 10-11:30am. Free. **REGISTER ACTIVITY #19984.**

September 22 – December 1 – 10:00am – 11:30am **CHINESE/ENGLISH DISCUSSION GROUP** Practice your English skills while discussing current events. Conversations are held in Chinese and English. Everyone is welcome to join us. \$12 – members and \$14 – nonmembers. **REGISTER ACTIVITY #19961.**



## *Programs and Events...*

September 24 – 12:00pm – 5:30pm **ITALIAN FESTIVAL AND BOCCE BALL** Let's spend an afternoon at the Italian Festival in DC. Whether you want to watch or play bocce on the street, listen to traditional Italian music or enjoy delicious dishes join us for the afternoon. Wear comfortable shoes for lots of walking and bring money for lunch and snacks. Register by 9/15. \$9 –members and \$12 – nonmembers. **REGISTER ACTIVITY #20361.**

September 26 – 10:30am – 12:00pm **MORE - HOW TO LISTEN TO JAZZ** Continue, or start if you missed the first session, to learn more and add to your appreciation of America's premiere art form. Presented with live and recorded examples by Jesse Etelson, gain understanding of what the artists are up to when they improvise, as Mozart and other classical composers did. Free. **REGISTER ACTIVITY #20325.**

September 26 – 3:00pm – 4:00pm **CARNATION PLAYERS STAR SEARCH** If you have a flair for theatrics, can sing, dance, play an instrument, help write a script, create costumes or help on the set, we need you. Help us prepare for holiday performances. Free. **REGISTER ACTIVITY #19858.**

September 28 – 10:00am – 11:00am **VETERANS AFFAIRS UPDATE** Veterans come and meet with Paul Prozialeck, Director of Veterans Service Programs for the State of Maryland and get an important update on available programs and services. Recent security identity theft concerns at the VA will be covered. This is an important meeting you won't want to miss! Free. **REGISTER ACTIVITY #19975.**

September 28 – 10:00am – 11:00am **BOCCE BALL TOURNAMENT** Enjoy an entertaining, fun and social morning. Our tournament is open to everyone. **FREE REGISTER ACTIVITY #19884.**

## **Handmade Afghans To Thank Our Armed Forces**

It's official - we are hosting a design/put together event here at the Rockville Senior Center on Saturday, September 9, 2006 for those of you who are helping the 6"x9" rectangle project by knitting or crocheting.

If you are not yet helping and are interested, please contact Chris Veirs for more information.

The put together will take place in the Carnation Room from 9:30am. - 1:30pm. We will have a pot luck, so please bring something to share and enjoy the day!

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***Gardeners*** - This year we are going to try something different for the winter. We are going to leave all the plots marked so that if you want to **plant winter crops** you can do so. You can leave the stakes and ropes identifying your plot area for the winter. We will not till the garden in the fall or spring. **If you do not plan on renewing your garden next year, please let the office know so we can assign your plot to someone who may want to plant winter plants.**



### BINGO:

- \* Need bingo callers Wednesday evenings from 6pm - 10:30 p.m.
- \* We also need a temporary Bingo Manager for the Fall.

### WOODSHOP & CERAMICS:

- Need a volunteer to recruit participants to use these wonderful facilities!

Call 240-314-8800 if interested in any of these positions or email Livia Laffey, Volunteer Coordinator at [jjllt@verizon.net](mailto:jjllt@verizon.net).

## EMPLOYMENT OPPORTUNITIES

### Senior Center Computer Lab Manager

20 Hours per Week

Call Lorraine at 240-314-8812 if you are interested.

### Substitute Nutrition Aide

To operate the Snack Bar and assist with the lunch program when staff are sick. Call Jill at 240-314-8802 if you are interested.

## Programs and Events...

September 28 – 11:00am – 12:00pm **CATS OF THE WORLD** Join us for a new Zoo On Wheels program about 'Cats Of The World' from our friends at the National Zoo. Come learn about species you are not familiar with and about any new additions to our Zoo. Free. **REGISTER ACTIVITY #19942.**

**MARYLAND SENIOR OLYMPICS** The 28<sup>th</sup> Annual Senior Olympics will be held at Towson State University in September. Competitors must use state-provided Olympic registration forms available at the Senior Center. The registration fee is payable directly to Maryland State Senior Olympics. For more information, call 240-314-8822.

## Center News...

If you are interested in helping plan the **25th Anniversary celebrations** for the Rockville Senior Center, please email Jill Hall at [jhall@rockvillemd.gov](mailto:jhall@rockvillemd.gov) or call 240-314-8802. We hope to have a number of events in April 2007 including an intergenerational picnic, Gala dinner dance and daytime entertainment show.

We are listening to the concerns members stated in the Participant Satisfaction Survey! The need for **additional parking** was a common complaint and you will be happy to know that plans are underway to expand the number of parking spaces on the center's grounds. We realize that parking is difficult many afternoons and we are hoping to add 40 more spots. We'll keep you updated on the process in future newsletters.

Just a reminder - **scheduled programs in ANY room take priority over drop-in use.** This includes the Game Room, Woodshop, Lounge and Ceramics Room which are not often used for programs. Please respect programs in progress and do not interrupt until they are finished.

# Highlights from the Participation Survey

**The participant satisfaction survey asked a number of open ended questions to obtain input from the people who know about our programs and services best - our members! In the upcoming newsletters we will take a question and share some of your comments - both good and bad - and explain what we are doing to change things.**

This month's topic is the **newsletter**. Ninety-two percent of respondents said they read the newsletter each month. That is a very high level and shows how important the newsletter is to our members.

Of those who read the newsletter, 68 people (14%) offered comments. They included:

- Improve the publishing dates so the newsletter arrives before the beginning of the month (16 people)
- It is excellent - keep up the great work (12 people)
- Publish it in other languages (11 people)
- Change the layout/format (5 people)
- Use bigger print (2 people)
- Put calendar back in (2 people)
- Include more recent RSI minutes (2 people)

- Too repetitious (2 people)

Staff is also concerned about the delay in getting the newsletter out each month. Usually we send the newsletters to the city's Graphics and Printing Department around the 12-15th of the previous month. The Print Shop then makes 1,800 copies and sends them back to us. Our volunteers fold, label and staple the calendars and they are returned to the Print Shop. The Print Shop staff take the calendars up to Shady Grove Post Office (since they are bulk mail) and they are delivered by the postal workers. They have 10 days to deliver the mail. Occasionally the newsletters are not delivered in a timely fashion because of other city printing projects taking priority, broken copiers, or delays by the post office. Sometimes they are sent to the Print Shop late because we are holding the press for some important information to be included.

Because we know it is important to get the newsletters delivered before the month begins, we have taken the following steps to improve the delivery times:

- The newsletter will now be sent to the City's Graphics and Printing Department **2 weeks earlier** than we had in the past - this will allow

everything to be done earlier. Some of the information (such as RSI and Senior Commission minutes) may be out of date, however, both RSI and Senior Commission minutes are posted in the Board Room.

- We have tried to eliminate costly turnaround time by having Graphics deliver the newsletter to us and we will now take them to EU services who will deliver them to the Post Office.

**Just a reminder - if you have not received your newsletter you can go to our website and read the entire newsletter online. The website is [www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter). The newsletter is posted by the beginning of the previous month. Also, don't throw away the Recreation Guides. All of the programs we offer are listed in the seasonal Recreation Guide.** The monthly calendar was removed from the newsletter because of printing issues, however, copies are available at the Information Desk.

We are currently unable to publish the newsletter in other languages, however, our Chinese and Spanish Outreach Workers will gladly tell you about the programs if you ask them. The office staff can also print copies of the newsletter in larger print if you ask. We will also try and eliminate the unnecessary repetition.



**WHERE:** Rockville Senior Center, Carnation Room  
1150 Carnation Drive  
Rockville, Maryland 20850

**WHEN:** Thursday, September 28, 2006

**COST:** \$10.00 per person (includes your lunch)

**TIME:** 11:00 a.m. – 2:00 p.m.

**NOTE:** Registration is required for lunch. Please drop by the Social Services Office with your completed registration form (below) and the \$10 fee. First come, first served (80).

For more information, please call Miriam Minera @ 240-314-8817

**Annual Hispanic Heritage Celebration – 2006**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_



**Thursday, October 26, 2006**  
**7pm-9:15pm**  
**Rockville Senior Center**

**Celebrate the beautiful Maryland seasonal changes by joining us for our first annual Harvest Ball. We will partner with Gaithersburg Senior Center to host an evening of light refreshments and dancing to an 18 piece orchestra. A cash bar of beer and wine will be available. Plan to come with friends and enjoy the season!**

**Cost: \$10 members \$13 non-members**

**Registration Deadline: October 9<sup>th</sup>**

**Return your completed registration form and fee to the  
Senior Center Information Desk**

## #19872 HARVEST BALL

Name \_\_\_\_\_ Phone \_\_\_\_\_

**Address** \_\_\_\_\_

**If you need bus transportation, list location\_\_\_\_\_**

**(Rockville Residents Only)**

**Emergency Contact** \_\_\_\_\_ **Phone** \_\_\_\_\_



# HeartWell Tip of the Month



## Diet as Effective as Statins

A diet rich in fiber and vegetables lowers cholesterol as well as taking a statin drug, according to the *American Journal of Clinical Nutrition*. The diet tested by researchers was high in soymilk, soy burgers, oats, barley, psyllium seeds, okra, eggplant, almonds, cereal fiber and plant sterols (tree-based compounds used in cholesterol-lowering food products). This diet was compared with several others, including a normal diet plus a generic statin drug. This diet and the one with the statin each lowered the “bad” cholesterol by 30 percent.

*Submitted by Ronnie Kidd, RN*

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**Have questions about diet  
and nutrition?  
Call the Senior Nutrition Hotline at  
240-777-1100  
Wednesdays from 9-11 am**

## Wellness Matters...Vitamins

Vitamins and mineral supplements are the third largest over-the-counter drug category used in the United States. Vitamins are organic substances that the body needs in small quantities for normal functioning. Most are not manufactured by our bodies so we must get them from our food or supplements. The list below describes 13 essential vitamins:

1. **Vitamin A** (retinal) helps form and maintain healthy teeth, skeletal/soft tissue, mucous membranes and skin. It is found in fruits, vegetables and dark leafy greens. It is also found in dairy products. However, since vitamin A is fat-soluble it is lost when milk is skimmed.
2. **Vitamin B1** (thiamin) helps the body convert carbohydrates into energy. It is also essential for the functioning of the heart and for healthy nerve cells. It can be found in milk products, meats, fruits and vegetables and enriched and whole grains. It is evenly distributed in these food groups.
3. **Vitamin B2** (riboflavin) is important for body growth and red blood cell production. It is mainly found in meats and milk products. Also, in dark leafy vegetables. However, unlike thiamin, B2 it is not evenly distributed among the food groups.
4. **Vitamin B3** (niacin) helps maintain healthy skin and nerves. It is also important for the conversion of food into energy. It can be found in milk, egg, meat, poultry and fish. It is also in enriched breads and cereal.
5. **Vitamin B6** (pyridoxine) aids in the formation of red blood cells and in the maintenance of normal brain function. It also assists in the synthesizing of antibodies in the immune system. It is found in meat muscles, liver, vegetables and whole grains.
6. **Vitamin B12** (cobalamin) is important in metabolism and helps the formation of red blood cells. It is found in most animal products.
7. **Pantothenic acid** is essential for the metabolism of food and in the synthesis of cholesterol. It is widespread in foods.
8. **Biotin** is important for the metabolism of proteins and carbohydrates and in the synthesis of hormones and cholesterol. It is found in most food products.
9. **Folate (folic acid)** works with vitamin B12 in the production of red blood cells. It is found in organ meats, dark green leafy vegetables, beets, sweet potatoes and members of the cabbage family like broccoli and cauliflower.
10. **Vitamin C** (ascorbic acid) promotes healthy teeth and gums, helps in the absorption of iron and promotes wound healing. It is found in fruits and vegetables.
11. **Vitamin D** is manufactured in the body after being exposed to sunshine. It promotes the absorption of calcium and regulates cell growth. It is added to milk.
12. **Vitamin E** (tocopherol) is an anti-oxidant involved in producing cytokines, which are chemical messengers that activate a host of defensive weapons to kill viruses. It is widely distributed in food.
13. **Vitamin K** (phylloquinone) is the clotting vitamin. It is found in green leafy vegetables, members of the cabbage family and milk.

## RSI Reports...

The meeting of the Rockville Seniors Inc. was held on Tuesday, July 18, 2006, at the Rockville Senior Center. The meeting was called to order by Chairman Ron Barber at 1:12 p.m. followed by a moment of silent prayer. New Board pictures were taken prior to the meeting.

Motion to approve the minutes from June 20, 2006 was made by George G. Mary B. seconded the motion. Motion carried.

**TREASURER'S REPORT:** A report for the month of June was presented. All members present voted to accept the treasurer's report.

### STANDING COMMITTEES:

**A. Budget:** The 2006-2007 budget was reviewed. The budget had some corrections made to it and Rusty will distribute a revised budget at the next meeting. George G. made a motion to approve the budget with corrections. Mary B. seconded the motion. Motion carried.

**B. Ways & Means:** No report.

**C. Bingo:** No report.

**D. Correspondence/Memorial:** Betty Ball received four deceased notices. No memorial donations were received in June. The board agreed that Betty should send condolence cards to the families of the deceased. Dr. Costa was not at the last board meeting due to her health. Betty will send a thank you from the board thanking her for her hard work for RSI.

**E. Gift Shop:** In the month of June the Gift Shop made \$997.18. The consignors were paid \$391.31. Gift Shop netted \$565.14.

**F. Thrift Shop:** The Thrift Shop netted \$696.43.

**G. Publicity:** No Report.

**H. Senior Citizens Commission:** We are trying to put together an Aging in Place program for Senior Services in Twinbrook. It will be to help the seniors who live on their own with handy man type maintenance. We just started planning the pilot project last month. It is envisioned as a co-op using teens in the neighborhood for lawn maintenance and vendors in the area for heating, air conditioning, plumbers, roofers, etc. to help costs down. This is to help keep seniors in their homes.

**I. Hispanic Services Report:** We are planning for Hispanic Heritage Month. There will be a celebration on September 28 and the country is Mexico. We will have a Mariachi Band and Mexican food and dancing. The lunch will be \$10.00.

**J. Asian Services Report:** No report.

**NEW BUSINESS:** The Carnation Players asked if RSI would purchase five lapel microphones for use on the stage since the new system in the curtains was not loud enough for seniors to hear them. Lapel microphones would run from \$595.00 to \$689.00 each. We need to check the new system in the curtains before we purchase new microphones. Ron will call Betty Hughes son and ask him to check it out.

**OLD BUSINESS:** Ron spoke with John Austin about two questions the board had regarding our endowment fund. George will speak with Rick Edelman's office to see if they can get RSI a better rate than John Austin. Steve Chappell's fee was .8% and John Austin's is 1.85%. If Rick Edelman's office cannot do any better than John Austin's, RSI will work with John Austin.

**STAFF REPORT:** We had difficulty with the July newsletter getting out on time to our members. Please continue to spread the word that it was due to

errors beyond our control and apologize for it being late. It will not happen again. We have changed our procedures so we will get the newsletter to Graphics by the first day of the previous month. We would like to encourage people to look at the website to read the newsletter if they want to learn about the programs before their newsletter arrives in the mail.

The results of the satisfaction survey have been coded. We received 535 surveys. The closed ended answers are in the August newsletter and the opened ended answers will be discussed in future newsletters.

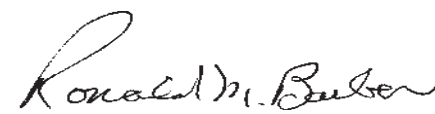
The Senior Services Task Force is at the end of writing the report. RSI will have an opportunity to review it and then it will go to the Mayor and Council.

We are working on ideas for the 25<sup>th</sup> Anniversary Party in the month of April 2007. We will advertise in the newsletter for volunteers to help with the celebration.

Montgomery County Community Foundation has grants available for one-time projects. If you know of any projects please see Jill and she will give you the information. The grant requests are due in three weeks.

The volunteer handbook data will be organized and sent to graphics for printing.

The Meeting was adjourned at 2:37pm. The next regular board meeting will be held on August 24 at 1:00 p.m.



RSI Chairman and President

September 2006

*Add years to your life....and life to your years!*

## *Senior Commission Highlights...*

Living at home gets more difficult as we get older. Some senior residents find it hard to remain in Rockville because of the high cost of living and keeping a house in good repair. Examples are lawn maintenance, shoveling snow, changing light bulbs, and minor plumbing repairs.

The Senior Citizens Commission has formed a subcommittee to identify which services would be most helpful to seniors who wish to remain in their own homes or “age in place”. We are preparing a questionnaire and will hold small focus groups asking you what the City could provide that would help you to remain in your home. After this information is collected and a program idea is developed, we will present our proposal to the Mayor and Council for approval.

Sylvia George, Director of the Elderly Ministries Program of Community Ministries of Rockville (CMR) gave our committee an overview of the wide variety of services they provide to Rockville residents who need assistance. CMR’s goals are to provide safe affordable living environments. In support of this mission, they combine efforts to: assist the elderly to continue to live in their home by providing safety home repairs, offer limited homecare services, and work with local legislators to keep the values of justice, fairness, and compassion in the decision making process.

**Please save this date:** On November 2, from 12:30 p.m. to 4:00 p.m. there will be a program at the Senior Center on “Live Better at Home”...helping seniors to stay in their own homes.” The panel will discuss options for remaining at home. Please join us at this special event.

*Submitted by Audrey Beck, Senior Citizens Commission*



Rockville  
Senior  
Center

*Rooms Available  
for Special  
Occasions*

If you are planning a reunion, baby shower or wedding reception, the Rockville Senior Center has space available to rent for reasonable rates.

Set in a quiet, park setting conveniently located between Routes 355 and I-270, the center has a large reception room ideal for large parties and receptions of up to 200 people. Smaller meeting rooms for 10 to 50 people are also available. Senior Center Member Discount.



# BINGO

## EVERY WEDNESDAY

The Rockville Seniors, Inc. fundraising  
BINGO every Wednesday night.  
OPEN TO ANYONE AGE 18+

- \$1,000 Jackpot
- Early Bird starts at 7:00 p.m.
- Regular Games at 7:30 p.m.

Free, well-lit parking.  
Complementary food with  
admission

1150 Carnation Dr.  
Rockville, MD 20850  
240-314-8800

*Directions: 240-314-5019*

## Ask the Outreach Worker...

Dear Readers,

This month I'm sending you a letter from the "Dear Marci" files of the Medicare Rights Center.

**"My mother is 76 years old and was recently diagnosed with Alzheimer's disease. Ever since her diagnosis, she has been receiving denials from Medicare. Will Medicare pay for care for people with Alzheimer's? What can I do?"**

"Because Medicare uses **billing codes based on specific treatment and diagnosis** to process claims, Medicare may incorrectly **deny or pay less** for medically necessary services if the doctor submits a claim to Medicare with the wrong codes. See the following two examples for what could happen:

1. **Medicare Denies Coverage.** If your mother received care for a condition **unrelated** to her dementia, her doctor should submit a claim with the proper "hip replacement" code as a primary diagnosis. If her doctor submits a claim with a code for dementia, Medicare may deny any medical claims for the care she received.
2. **Medicare Pays Less for a Service.** Also be on the lookout for incorrect billing that would require your mother to pay more for her care than she is supposed to. Medicare generally pays **80 percent** for a covered medical service and **50 percent** for most covered mental health services. However, if your doctor submits a claim with a primary diagnosis code for a mental health condition such as senility instead of the medical service she received, Medicare may mistakenly cover the service as a mental health condition at 50 percent.

If you think your mother has been improperly denied coverage, call her doctor and **ask what billing code was used.** If her care was billed incorrectly, you should ask her doctor to **resubmit her claim with the correct codes.**"

For more information, please feel free to call me, Martha McClelland, 240-314-8816.

*Martha*



# *Fitness and Wellness: Working Hand in Hand for a Healthier You!*

## **FITNESS**

### EXERCISE MACHINE TRAINING:

You can register via the Recreation Guide. You will be called for an appointment time.

### FITNESS CLASSES:

We offer a wide variety of fitness classes. We have something for everyone. See the Recreation Guide for class descriptions, dates and times.

### FITNESS CLUB ROOM HOURS:

Mon.-Fri. – 8:30-4:50; Sat. 8:30 – 12:50pm  
Membership is available by taking Exercise Machine Training.  
See Recreation Guide for more information.

### GAME ROOM:

Table tennis, pool tables and a dart board are available for play Monday through Saturday.

### PERSONAL TRAINER:

Receive one on one training with our Certified Personal Trainer. See the recreation guide for more information.

### TONING TABLE TRAINING:



September 2006

Register via the recreation guide. You will be called for an appointment.

### SPORTS LEAGUES:

Join one of our many fun sports teams. See the recreation guide for league descriptions, dates and times.



## **WELLNESS**

### 911 EMERGENCY PHONES:

Used cell phones for 911 calls only. FREE

### AAA ROADWISE REVIEW: A TOOL TO HELP SENIORS DRIVE LONGER

### BLOOD PRESSURE SCREENINGS:

Every Monday from 10am-12pm

### BODY FAT COMPOSITION ANALYSIS:

Thursdays 10am-12pm

### CHOLESTEROL SCREENING FROM SHADY GROVE HOSPITAL: Fourth Friday of alternate months.

Call 1-800-542-5096 for an appointment

### HEALTH INSURANCE COUNSELING: 9/13

### HEARTWELL NURSE: Mon. Wed. & Fri, 9:30 am—

2:30pm. Call 301-610-0143 for an appointment  
or drop in to see our nurse, Ronnie Kidd.

### LOAN CLOSET: Medical equipment for short term loan—Call 240-314-8803

### MOBILE MEDICAL

CLINIC: for  
individuals without  
medical insurance First  
Tuesday 9/5/06 12:30 -  
3:00 & Third Tuesday  
9/19/06 12:30—5:00



Rockville Senior Center • 17

# Computer Lab Update...



## BEGINNERS INTRODUCTION TO PERSONAL COMPUTERS

**#19315**

Sept 11 – Monday 10 – 11:30 a.m.  
THE COMPUTER KEYBOARD

Sept 11 – Monday 12:30 – 2:00 p.m.  
USING THE COMPUTER MOUSE

Sept 26 & 28 – Tu/Th 10:30 – 12 noon  
BEG INTRO TO WORD PROCESSING

### PLEASE NOTE:

Upon completion of the entire series you will be given a \$5 certificate that can be used towards the cost of any future computer class beyond the Beginners series.

In order to complete these pre-requisite classes, you must attend all four classes in the series. Students with previous computer experience who wish to register for more advanced classes without having to take the Beginners Series can pre-qualify at a Student Skills Practice Lab. Our instructors and coaches are available in the Computer Lab every Friday from 9:30 – 11:30 a.m. to assist you. If you do register and find that you are unable to attend, please call – another member may wish to take your place.

## OPEN SKILLS PRACTICE LAB

Our Instructors and Coaches are available every Friday morning from 9:30 – 11:30 a.m. during our Open Skills Practice Lab to help qualify you for your class choices. Stop in and meet with them.

## UPCOMING CLASSES SEPTEMBER 2006

Most classes have required pre-requisites, fees and class materials cost (payable to instructor). Be sure to register early! See the Recreation Guide for dates, times and specific details.

#19315	Beginners Intro	Mon, Tues, Thurs	Sept 11, 26, 26
#19317	Clarify Concepts	Wed	Sept 6
#19509	Computers – HELP and More	Tues	Sept 19
#19323	Virus Protection & Removal	Thurs	Sept 22
#19310	Computers – Word Perfect	Mon & Wed	Sept 18, 20
#19322	Digital Photography Editing	Tues & Thurs	Sept 12 - 21

A reminder - most of our classes have a minimum required number of students for registration. Classes may be canceled due to lack of registrants. Register early or you may be unable to complete the pre-requisites for the upcoming, more advanced classes that you might wish to attend.

Can you teach a class, conduct a workshop or have special computer skills to share with our students? Do you know or can you recommend someone that might wish to become a member of our professional or volunteer staff? If you have what it takes, call Lorraine Schack at 240-314-8812 for more information.

## ***Carnation Supper Club...***

Sept 2006 \* Please call  
240-314-8810 for reservations!

Join us on Tuesday evenings at 5:00 p.m. for dinner, socializing, and entertainment. Transportation is provided. Please call before noon on Fridays to make a reservation. The price for each dinner with entertainment is \$6.50.

### **September 5**

Earl Miller, Dixie Land Band

Beef Tips/Sauce  
Baked Potato  
Green Beans  
Dinner Roll  
Pineapple  
Milk-Tea-Coffee

### **September 12**

No Supper Club  
Primary Election Day

### **September 19**

Luisa Sleeman, Singer

Breaded Scrod  
Corn  
Chopped Spinach  
Wheat Roll  
Ice Cream  
Milk-Tea-Coffee

### **September 26**

Dale Jarrett

Vegetable Soup  
Champs Pizza  
Potato Wedges  
Tomato/Lettuce  
Canned Peaches  
Milk-Tea-Coffee

## **Easy Gazpacho**



1 large tomato, chopped  
1 medium cucumber,  
peeled, halved  
lengthwise and seeded  
1 medium yellow onion, chopped  
1 large roasted red bell pepper, roughly  
chopped (available in jars)  
2 large garlic cloves, peeled and minced  
½ cup chopped fresh cilantro  
2 Tbsp. red wine vinegar  
1 Tbsp. extra virgin olive oil  
3 cups tomato juice (or use a spicy product  
such as V-8 juice)  
Salt and freshly ground black pepper  
Hot pepper sauce to taste, if desired

In blender, place tomato, cucumber, onion, bell pepper, garlic, cilantro, vinegar and oil. Add 1-cup tomato juice and puree to desired degree of smoothness. (Individual preferences range from a coarse to a fine puree.) Add remaining juice and blend in. Taste and add salt, pepper, and hot pepper sauce, as desired. Refrigerate until very cold. Can be prepared 2 days ahead. Serve cold with various garnishes such as croutons, diced tomato, diced onion, minced fresh cilantro leaves, diced cucumber that has been peeled and seeded.

Per serving: 68 calories, 3 g fat (less than 1 g saturated fat), 11 g carbohydrate, 2 g protein, 447 mg sodium.

# Programs and Services...

Shopping: Washingtonian Center – Sept 18, 2006

## OUTREACH AND SERVICES

**Advance Directives – A Guide to Maryland Law on Health Care Decisions**  
Forms and information are available in the Transportation office and in Outreach services.

**Applications** – Medical Assistance, Rental Assistance, Pharmacy Assistance and other applications are available in the Senior Outreach office.

**Assistive Listening Devices** – If you need help hearing a speaker or a program, new earphones purchased by the Center can help. Ask any staff person for assistance.

**Companion Animals** – Birds are available for loan and/or adoption. Look for them before the monthly birthday party.

**File of Life** – Have vital medical information available in emergency situations. Your medical information is attached to a large magnet placed on front of your refrigerator – saving valuable time for emergency or rescue personnel. Available in transportation office and in Outreach services.

**Financial Assistance** – *Senior Assistance Program* will help with Senior Center membership, class fees, trips, and programs. Must be income eligible and a Rockville resident. To apply call 240-314-8810. *Rockville Emergency Assistance Program* will provide personal assistance when faced with emergency financial difficulties. For an appointment call 240-314-8816.

**Health Insurance Counseling** – One-on-one counseling on Medicare, medigap policies, long-term care insurance, HMOs, claims and appeals is available each month from volunteers from Senior Health Insurance Assistance Program. Call 240-314-8810 for an appointment.

**Home Repair, Maintenance and Modification** – Provided by skilled volunteers, these free services are available to low and moderate income seniors who live in Rockville. To apply, call Senior Outreach at 240-314-8816.

**Grandparents Raising Grandchildren Support Group** – Meet other grandparents, gain support, and learn about resources. Call Lorraine at 240-314-8810 for information.

**Information and Assistance** – Learn about important services for seniors. For help in Chinese call 240-314-8818, in English call 240-314-8816 and in Spanish call 240-314-8817

**Legal Assistance** – For assistance with simple wills a volunteer attorney is available monthly. For an appointment call 240-314-8810.

**Loan Closet** – Wheelchairs, walkers, tub seats and other medical equipment are available for short-term loan. Wheelchairs, \$50 refundable deposit. Call 240-314-8803

**Notary Services** – No charge. Call 240-314-8810 or see Bette in the transportation office.

## TRANSPORTATION

(applications are available in the Transportation office)

**Accessible Parking Applications** – For motorists with disabilities, applications for parking placards and license plates are available.

**Call'N Ride** – Taxi coupons valued at \$30.00 may be purchased each month at a reduced rate based on income and family size.

**City of Rockville buses** – Door to door bus service is available to the Rockville Senior Center, shopping, club meetings and special trips. Reservations are required.

**Metro Access** – This is a public transportation service for individuals with disabilities. Participants must be certified by Metro (WMATA) that they are not able to use public transportation. A guide to Metro Access and applications may be picked up.

**Metro Applications for Senior Citizen Reduced Fare Program** – ID cards are necessary for discounted Metrobus and Metrorail fares.

**Metro Fare Cards** – Discount fare cards are available for purchase. Minimum age 65.



# Montgomery County Senior Nutrition Program - LUNCH MENU

Call 240-314-8810 for reservations and cancellations. The full cost of the meal is \$4.38.

				1 Chicken Patty on Bun Lettuce, Tomato, Cucumber Potato Vegetable Salad Fresh Fruit
4 NO LUNCH LABOR DAY	5 Breaded Scrod Sweet Potatoes/ Apples Garden Salad Whole Wheat Bread Pineapple Tidbits	6 Apple Juice Spaghetti w/ Meat Sauce Mixed Vegetables French Bread Fresh Fruit	7 Minestrone Soup Crackers Cottage Cheese With Peaches on Lettuce Spice Muffin Melon	8 Honey Mustard Chicken Brown Rice Pilaf Zucchini Cole Slaw Pumpkin Bread Mixed Fruit
11 Baked Scrod Potatoes & Broccoli Garden Salad w/ ChickPeas Whole Wheat Bread Fresh Fruit	12 Turkey Tetrazzini Kale Tossed Salad Whole Wheat Bread Pears	13 Apple Juice Hamburger on Bun Potato Salad Spinach Orange Salad Peach Crisp	14 Baked Rigatoni Green Beans Tossed Salad French Bread Melon	15 Vegetable Bean Soup Chicken Salad Sandwich On Whole Wheat Carrot Raisin Salad Fresh Fruit
18 Apple Juice BBQ Beef on Bun Potato Salad Tossed Salad Mixed Fruit	19 Orange Juice Spinach Cheese Rice Cass Garden Salad Whole Wheat Bread Fresh Fruit	20 Tomato Soup Tuna Rotini Salad Cole Slaw Roll Fresh Fruit	21 Hot Turkey Sand On Whole Wheat Mashed Potatoes/Gravy Broccoli Garden Salad Fresh Fruit	22 BBQ Chicken Baked Beans Summer Squash Spinach Salad Whole Wheat Bread Apricot Crisp
25 Chicken Chow Mein With Brown Rice Garden Salad w/Peppers Whole Wheat Bread Pineapple Tidbits	26 Broccoli Soup Turkey Salad Sandwich On Whole Wheat Lettuce Tomato, Cucumber Peach Crisp	27 Vegetarian Lasagna Tossed Green Salad French Bread Melon	28 Salisbury Steak/Gravy Mashed Potatoes Zucchini Broccoli Salad Rye Bread Fresh Fruit	29 Baked Scrod Potato Veggie Salad Honey Carrots Tomato ChickPea Salad WW Bread & Fresh Fruit

City of Rockville  
Rockville Senior Center  
1150 Carnation Drive  
Rockville, Maryland 20850

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
ROCKVILLE, MD  
PERMIT NO. 63

#### MAYOR AND COUNCIL

Larry Giammo, Mayor  
Robert E. Dorsey  
Susan R. Hoffman  
Phyllis Marcuccio  
Anne M. Robbins

#### ROCKVILLE SENIORS, INC.

##### Board of Directors

President/Chairperson - Ron Barber  
V. President - George Galasso  
Treasurer - Rusty Embrey  
Ass't Treasurer - Betty Hughes  
Reporting Sec. - Terry Maxwell  
Corresponding Secretary - Betty Ball  
Committee Chair - Mary Barber  
Committee Chair - Betty Briscoe  
Committee Chair - Lois Brown  
Committee Chair - Teresa Harn  
Senior Commission Liaison - Jonathon Triandafilou

#### ROCKVILLE SENIOR CITIZENS COMMISSION

Chair: Ciriaco Gonzales  
Vice-Chair: TBD  
Commissioners:  
Audrey Beck Doug Bly  
Stuart Crump Nancy McIntyre  
Pete Sante Jonathon Triandafilou

#### DEPARTMENT OF RECREATION AND PARKS

Burt Hall, Director  
Philip Bryan, Supt. of Recreation  
Steve Mader, Supt. of Parks and Facilities

Any individuals with disabilities who would like to receive the information in this publication in another form may contact the ADA Coordinator at 240-314-8100.

#### SENIOR CENTER STAFF

Nick Aquino, Building Custodian  
Mary Barber, Clerk  
Janet Colwell, Clerk  
Jackie Cristiano, Program Assistant  
Keith Dennis, Building Custodian  
B.J. Dittbrenner, Outreach Worker  
Mary Fleisher, Wellness Coordinator  
Jill Hall, Senior Center Supervisor  
Mary Hebron, Nutrition Aide  
Dorothy Jackson, Clerk  
Theodore Jackson, Bus Driver  
Chris Klopfer, Sports and Fitness Sp.  
Evelyn McRoy, Nutrition Site Mgr.  
Karen Lumpkin, Sr. Recreation Coord.  
Edward Lynn, Transportation Sup.  
Angie Malone, Bus Driver  
Martha McClelland, Outreach Worker  
Melissa McKenna, Center Secretary  
Miriam Minera, Outreach Worker  
Nasr Rizkalla, Social Host  
Karina Rodriguez, Reg. Specialist  
Bette Sanders, Senior Services Sec.  
Lorraine Schack, Sr. Soc. Services Co.  
Vicki Smith, Nutrition Aide  
Dorothea Sipes, Bus Driver  
Shelley Stewart, Bus Driver  
Zhao-Yong Sun, Outreach Worker  
Ann Taylor, Nutrition Aide  
Lillian Tyska, Clerk  
Chris Veirs, Program Assistant  
Margie Wheeler, Supper Club Mgr.

#### Mission Statement of the Recreation and Parks Department

To promote participation by all Rockville citizens in diverse, interesting, and high quality recreational and leisure opportunities in safe, modern, and well maintained parks and facilities.